

# Oesophageal manometry test

Information for patients



## What is a oesophageal manometry test?

**Oesophageal manometry is a test to measure the function of your oesophagus or food pipe. It tells us how well the muscles in your oesophagus are working. When working normally, these muscles move food and liquids from the mouth into your stomach.**

This test can help investigate if you have trouble swallowing, the feeling of food sticking in your oesophagus or if you have symptoms of reflux, such as heartburn, belching, chest pain or regurgitation.


Gastro-oesophageal reflux can occur if the ring of muscle at the base of your oesophagus is not as strong as it should be. This allows acid and other stomach contents to come up into your oesophagus.

## Are there any risks associated with your test?





There are no serious frequently occurring risks associated with your test. Minor risks can include a sore throat and in rare cases, nosebleed. Very rarely, during insertion, the tube may enter the voice box (larynx) and cause you to cough. When this happens, the problem is quickly recognised, and the tube will be gently moved back a few centimetres.

## What preparation is required for your test?

### For 6 hours before your test


-  You must stop eating and drinking and fast for 6 hours before your test.


### The day of your test

-  You can have small sips of water (maximum of 300 ml) until the start of your test.
-  You may take your essential medicines with a small amount of water.
-  You may brush your teeth.
-  If you are diabetic requiring insulin or diabetes medicine, please ask your doctor if you should change your morning dose. Oral hypoglycaemic medicines are usually not taken that morning until completion of the test and you start eating again.

## What happens during your test?

- 1 Your physiologist will explain the test to you, ask you questions about your symptoms and confirm that you have had nothing to eat in the 6 hours prior to your test.
- 2 Your nostril and throat will be numbed with an anaesthetic spray while you are sitting upright. A thin tube is passed through your nostril, down the back of your throat into your oesophagus and stomach, while you swallow water. Once in position, the tube will be taped to your nose for the duration of the study.
- 3 During the test you will be asked to take sips and swallows of slightly salty water and perhaps eat some food to allow us to see how the muscles are functioning. Recordings of oesophageal pressure will be made over about 10 minutes and then the tube will be removed.

 **Your test will last 30 - 45 minutes.**

 You are free to leave straight away after your test and resume your daily activities.

## How will I get my results?

Your results will be sent by secure email to both you and your referring consultant/doctor.

We aim to send out all patient results within five working days of completion of your test.

Key  Do  Do not  Additional info



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